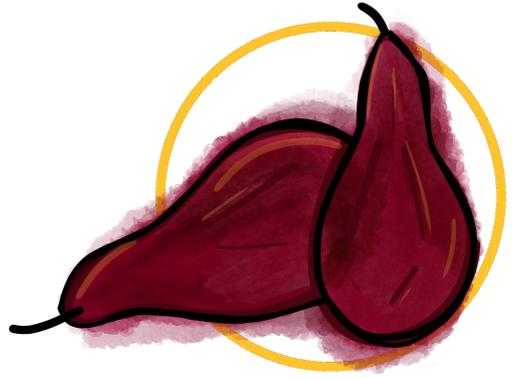


stoofperen (poached pears)

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about this recipe

This is an traditional Dutch dish. Some Dutch ingredients can be hard to find outside of the Netherlands, but they can easily be replaced with local ingredients.

In the Netherlands, they use a specific Dutch pear called Gieser-Wildeman pears. These pears naturally turn red when they are cooked. If you can't get your hands on these pears, try to find the firmest pear you can so they will take a bit longer to cook and can absorb the colour of the wine.

Another Dutch ingredient is pink sugar which can also help change the colour of the pears. If you can't get your hands on this, brown or caster sugar will still taste the same.

The recipe I've put together uses local Australian products. This recipe can be adjusted in many ways, so choose ingredients that best suit your taste buds. Create your own comfort.

ingredients

4 pears - 1 bottle of red wine - cloves - star anise -
2 cinnamon sticks - lemon peel (without pith) - 1/2 cup of brown sugar

alternative ingredients

- If you prefer to cook without alcohol, use one litre of blackcurrant or red grape juice.
- Brown sugar can be replaced with pink sugar or vanilla sugar.

method

1. Peel each pear and place them in a medium-sized pot. You can choose to cut up the pears into four equal pieces and remove the core. (I prefer them whole!)
2. Add all ingredients to the pot.
3. On a low heat, leave the ingredients to cook for one to two hours. Do not boil or simmer.
4. Pears will be ready when their flesh has turned a deep red and can be sliced with a spoon.
5. Remove the pears from the liquid and serve warm.

serving suggestions

- *If you like mulled wine, strain the wine and serve in a mug.
- As dessert: with a dollop of cream or scoop of vanilla icecream
- As a side dish: alongside pork tenderloins

